

# Poetry for Mental Health

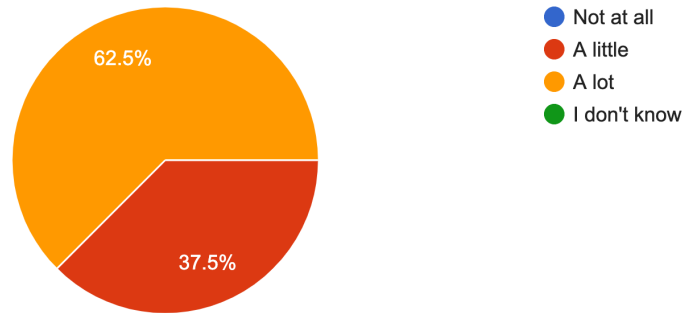
## Post-Workshop Evaluations

Arts and Minds Canada  
March 27, 2021

Approximate maximum attendance: 29  
Number of evaluations: 16

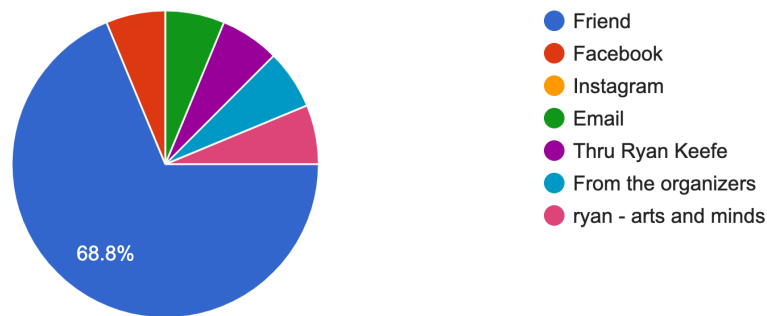
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



How did you hear about this event?

16 responses



### What was your main takeaway?

Poetry is a wonderful artistic expression to work through painful issues and relieve one's own suffering. Creative expression is an excellent exercise.  
Poetry can be a great therapeutic tool to express emotion in a condensed way and connect with others  
Love how I feel after this, emotional during but lighter at the end :)  
Hope is everywhere.  
Poetry is valuable!  
Inner awareness.  
Brainstorming as a vehicle to writing.  
Freedom of self!  
Excellent and well-run!  
It was so peaceful and a fun exercise to write poems  
The healing and moving power of creativity and the arts.  
I need to find more time for myself with my thoughts and writing them down  
the power of art and specifically words to express Self  
That poetry is a great outlet for mental angst.  
Community is everything.

### If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

It was uplifting. There were lots of opportunities for engagement with the material and interaction with the presenter/other participants. I loved the mix of media used to generate discussion from poems to videos. You have to experience it to appreciate it. It is an experiential and interactive workshop about hope and mental illness.  
Thoughtful and worthwhile, took me a place where I really needed to be at this point in time well organized and paced. Good content.  
A cathartic exercise to dive deep and explore your feelings and express yourself creatively. Amazing to see how creative you actually can be!  
Really great—I was surprised i could write poetry in such a short amount of time.  
Do it!  
You always learn something.  
great work shop to self love.  
A space to connect with yourself and relate with others.  
Introduction how to find inspiration.  
a time to reflect on yourself/feelings/thoughts.  
Pathway to insides.  
Great experience.  
Peaceful.  
Uplifting and hopeful .

### How might you use what you learned today?

Will try to schedule time, even if just once a month, to start writing my thoughts down.  
A daily writing practice has been popping up for me a lot lately. I think i will try it.

I might use the knowledge to be more creative in working through my own stress. I also would like to use some of the information to help my students work through the stress of learning English (ESL).  
I may just write some poetry.  
Believe in me.  
Practice creative expression regularly and without self judgement.  
As a music writer it's always great to learn new strategies.  
Go inside more often.  
To feel better.  
Practice some of the points we talked about.  
I will review my notes and tell my friends what I learned.  
In my own journey and as I journey with others.  
Love the free write then building a more concise creative expression.  
Keep the pen moving and the heart kind.

## What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

Not knowing what resources are available freely online that are recommended by this organization.  
Finding encouragement inside rather than outside sources.  
Recognizing at which stage to reach for help. The belief that I should be able to "fix" myself.  
Lack of time, life is so busy at times, there is never time to focus on me. Another barrier is friends who are not aware of the issues and signs of mental health issues.  
Holistic healthcare. Physical health affecting mental health  
Living in a rural area/cost.  
Darkness.  
No moments like these.  
Not sure yet, covid has been awkward socially.  
I'm African and it's still very taboo.  
Time.  
Slowing down how I live my life.  
A safe and kind group of likeminded people.  
Cost.

## How can we improve this event in the future?

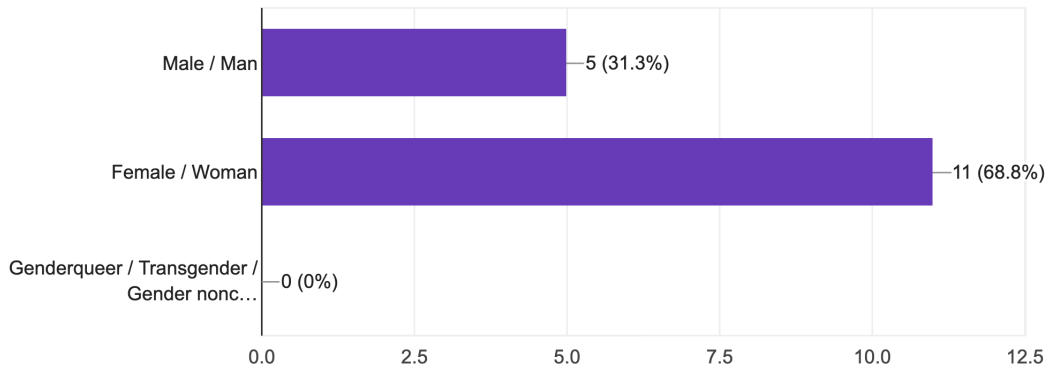
It was really great. You could bring more awareness to felt body sensations after the films. There was a cue to breath and stretch and at this point you could express some of the physical sensations with the emotions to normalize them - many people may feel racing heart, crying, tensions etc  
The sound.  
It was awesome.  
Use of more visuals, shorten time to 1.5hrs  
More visuals perhaps. Not sure how to use the software, though.  
Perfect as is!  
It was great.  
Nothing to add.  
Perhaps some talking would be good.  
Can't think of anything.

It seemed great as it was.  
I will have to think on that.

Occupation	
Retired	2
Consulting	2
ELL and Computer Literacy Instructor	1
Financial Services Professional	2
Server	1
Musician	1
Entrepreneur	1

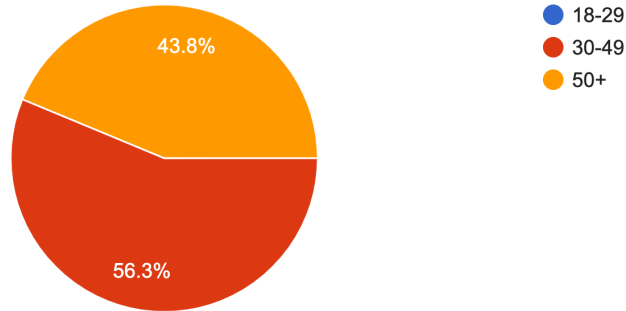
### Gender

16 responses



### Age Range

16 responses



### Ethnicity

16 responses

